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5-20-08

THE NEW OAKEN BUCKET

Statement to City of Alexandria Budget Hearing April 14, 2008

By Gary J. Carr

Mr. Mayor and Members of Council,

I rise again to express my support for the restoration of the running tracks at George Washington and Hammond Middle Schools, and the construction of a championship level 8-lane running track somewhere within the City limits.

Previously I have explained the merits of *why* and *if* such facilities should be constructed. Now I would like to fame my comments on the matter to *what* will happen *when* they are built.

I request the expenditure of \$300 for the purchase of a new coppered wooden bucket, commonly referred to as an "old oaken bucket". Engraved across the banding on one side of said bucket would be "ALEXANDRIA", to the other side "ARLINGTON". A case would be constructed to house the bucket in City Hall, and a challenge would then be issued to the County of Arlington, to come and try to take it by way of a races between members of each respective community.

The victor of these bi-annual races, that is a track meet, one in the Spring and one in the Fall would lay rightful claim to this "New Oaken Bucket". The vanquished of the races would be required to surrender the bucket, filled to capacity of some valuable spoils of battle, and allowed to retain ownership of the bucket until the next races.

To explain my request, it is necessary to provide a brief local history lesson. From 1935 until 1970, a span of 35 years, the then George Washington High School, and the present Washington-Lee High School engaged in what had become a epic battle of two football powerhouses for bragging rights in Northern Virginia, the "Old Oaken Bucket Game". During these events, between what had become arch rivals, the stands were packed with spectators. Indeed, in 1936 it was said to have the largest crowd ever to witness a game in Northern Virginia. There were bon fires, parades, football queens, and caravans of vehicles coming to these community events. The end of GW High School was the end of these games

While a football game is no longer practical, and these contest were conducted during the sad era of segregation in Virginia (though I have it on good authority that all members of the community took this annual game seriously), a track competition is both feasible and reasonable. This would have all of the children, from both the private and public schools, competing together in defense of the pride and honor of *one* Alexandria. This is something that has never happen before, and is sure to foster greater fellowship and understanding across all sectors of our diverse community.

There could even be many sub-categories of contest, for charity or simply bragging rights. Our teachers versus your teachers (Wouldn't the kids love that!), or our cops versus your cops, and yes, even our administration versus your administration. The obvious side benefit of this competition is the raising our the overall level of fitness across the entire community.

Washington-Lee has constructed a outstanding 8-lane track and field facility ready to host such a event. By 2010, which is the 40th anniversary of the final "Olde Oaken Bucket" Game, we will be able to initiate the "New Oaken Bucket" at Alexandria's new track and field facility.

By the way, Arlington won the last "Olde Oaken Bucket Game."

The day for action has finally come- for when you build it, we all will run!

#2
5-20-08

Queen Street Clinic, PLC

Family Practice For The Medically Uninsured
1000 Queen Street
Alexandria, Virginia 22314

Mr. Kenneth Kozloff
Administrator
Inova Alexandria Hospital
4320 Seminary Road
Alexandria, Virginia 22314

March 20, 2004

Dear Mr. Kozloff:

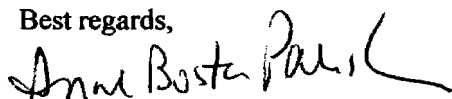
On behalf of the Queen Street Clinic, I am writing to express support for the Inova Health System / City of Alexandria application to the Health Resources and Services Administration (HRSA) for Health Community Access Program (HCAP) grant funding. The purpose of this program will be to assist communities and groups of health care providers in the City of Alexandria in developing the infrastructure necessary to fully develop and strengthen integrated systems of care that coordinate health services for the uninsured.

The Queen Street Clinic is a small clinic that offers health care to the medically uninsured and underinsured. I do not receive any state, local or federal funds for providing health care to those medically uninsured. Additionally, I do not take Medicaid, Medicare nor any form of insurance. The clinic operates by charging a nominal \$45.00 office visit. I also have agreements with *WB&A Imaging* and *Lab Corp of America* to offer my patients discounted fees for lab draws and x-rays or imaging. Additionally, for those female patients who reside in Alexandria proper I have a wonderful working relationship with Inova Alexandria mammography department to offer free screening and diagnostic mammograms. I am also very pleased to have a working relationship with the Inova Emergency Room and the City of Alexandria Health Department such that they often refer patients for follow-up care. You may not be aware that during Hurricane Isabelle, the clinic was fortunate to have electricity. I let the Inova Alexandria Emergency Room know that I would be available to treat those non-emergent patients and patients who needed to be rerouted. I am also an advocate for many patients who might not be able to afford their medication and work intimately with those patients who are eligible for the Patient Medication Assistance Program through various pharmaceutical companies. I have also been very fortunate to develop a wonderful working relationship with many specialty physicians who support my family practice efforts and to whom I can refer my patients for specialty care.

I strongly support this endeavor to strengthen the safety net and improve those services offered to people who would otherwise face barriers to receiving quality health care. I look forward to continuing a productive working relationship with Inova and the City of Alexandria.

If you require additional information, please call me at 703-299-9701.

Best regards,



Anne Boston Parish, MSN, RN; CS, FNP-C
Owner

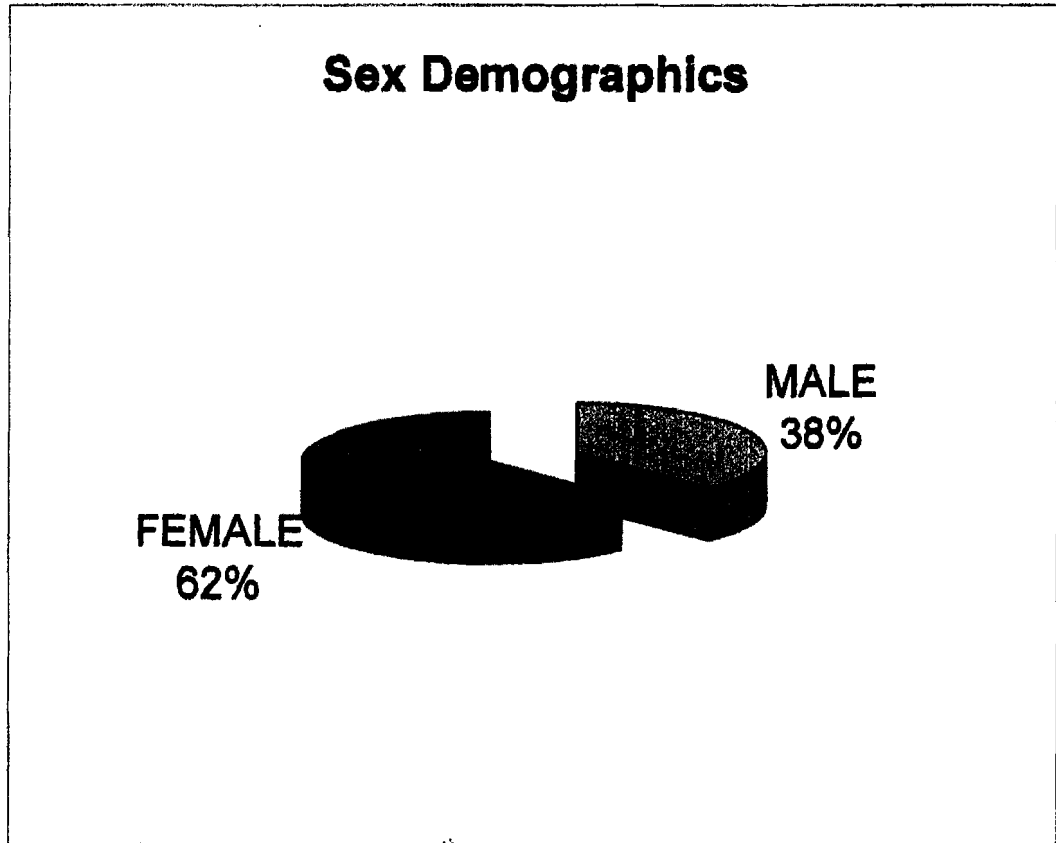
Queen Street Clinic, PLC

Sex Demographics

Jan 2001-Apr 2008

Total Visits	Unidentified
19257	0

	# visits	Percentage
MALE	7256	38%
FEMALE	12001	62%
TOTAL	19257	100%



Queen Street Clinic, PLC

Visit Demographics Jan 2001-Apr 2008

Total Visits	Unidentified
19257	0

	# visits	%
Initial	7757	40%
Follow-up	11500	60%

TOTAL	19257	100%
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Visit Demographics



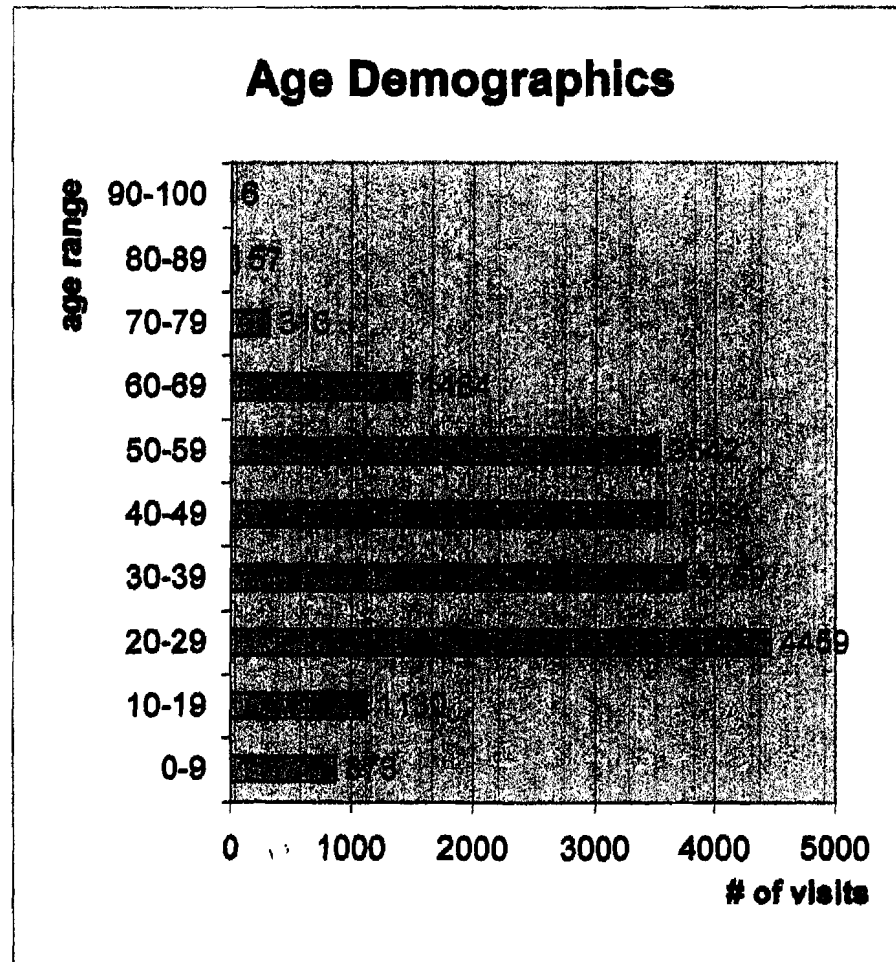
Queen Street Clinic, PLC

Age Demographics Jan 2001-April 2008

Total Visits	Unidentified
19257	0%

Age Range	# visits	Percentage	Cummulative
0-9	873	5%	5%
10-19	1130	6%	10%
20-29	4459	23%	34%
30-39	3759	20%	53%
40-49	3634	19%	72%
50-59	3542	18%	90%
60-69	1484	8%	98%
70-79	313	2%	100%
80-89	57	0%	100%
90-100	6	0%	100%

TOTAL	19257	100%
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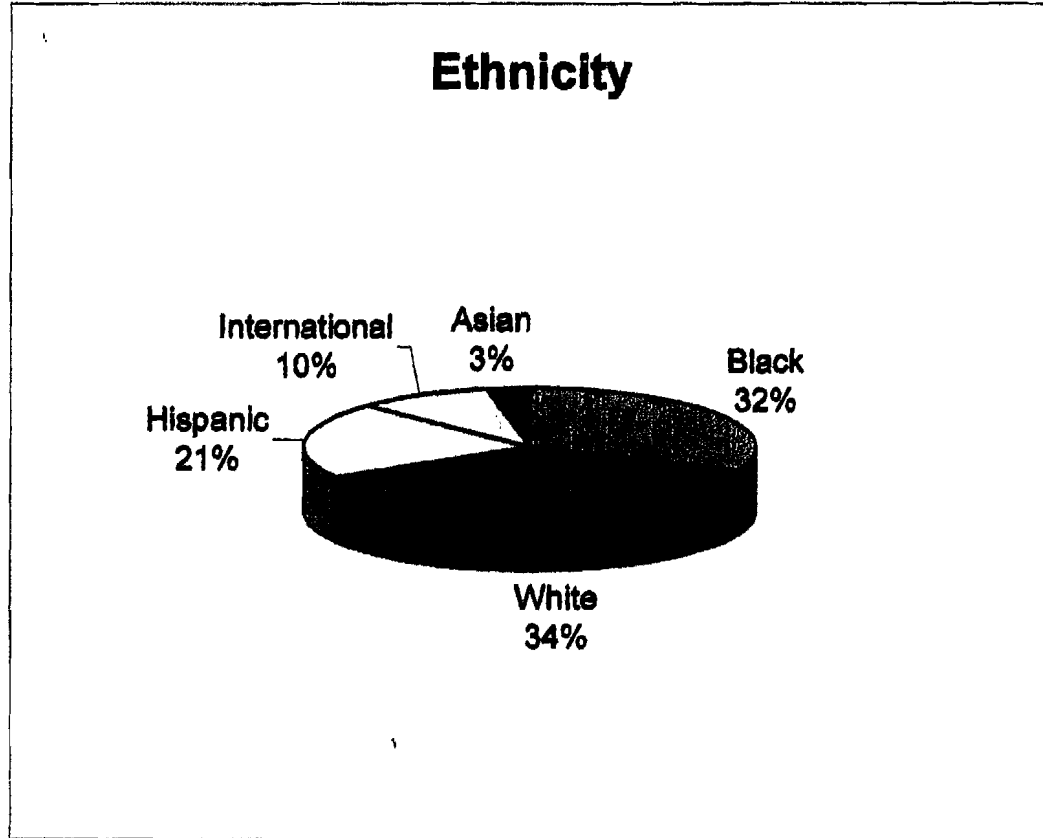


Queen Street Clinic, PLC

Ethnicity Demographics Jan 2001-Apr 2008

Total Visits	Unidentified
19257	0

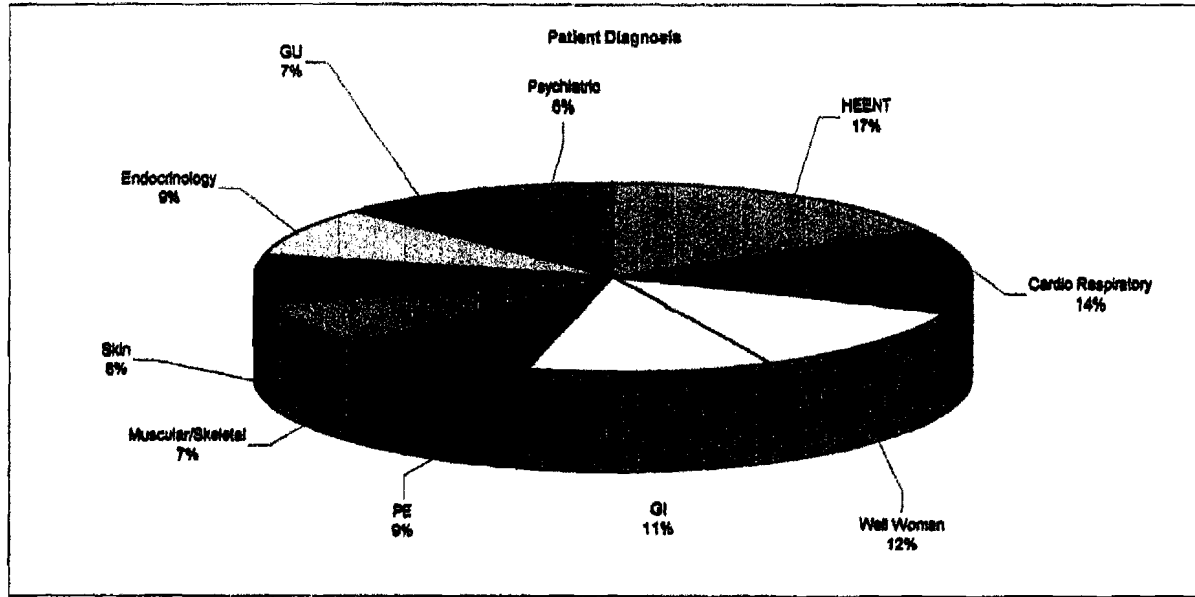
	# visits	%
Black	6068	32%
White	6716	35%
Hispanic	4013	21%
International	1878	10%
Asian	582	3%
TOTAL	19257	100%



Queen Street Clinic, PLC
Patient Diagnosis

Identified	Unidentified
19257	0

	# visits	%
HEENT	2575	13%
Cardio Respiratory	2208	11%
Well Woman	1852	10%
GI	1726	9%
PE	1366	7%
Muscular/Skeletal	1156	6%
Skin	1294	7%
Endocrinology	1332	7%
GU	1127	6%
Psychiatric	880	5%
Well Woman with Mammo	555	3%
STD	362	2%
Allergy	233	1%
TB	410	2%
Prenatal	301	2%
Cancer	189	1%
Cold/Flu	128	1%
Neurological	313	2%
Flu Shot	636	3%
Mammo	154	3%
PRE and Post Op	38	0%
HIV	13	0%
TOTAL	19257	100%



Queen Street Clinic , PLC

Geographic Distribution

Total Visits	Unidentified
19257	0

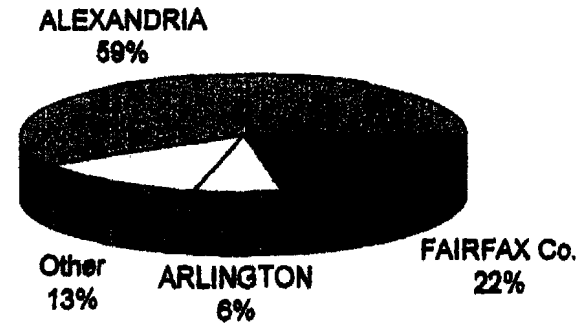
Area
ALEXANDRIA
FAIRFAX Co.
ARLINGTON
Other

# Visits	%
11332	59%
4140	21%
1222	6%
2535	13%

TOTAL

19257	100%
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**Queen Street Clinic
Geographic Distribution**



A clinic on alternative healthcare

By David Sachs

April 24, 2008

The ant-ique examination tables at the Queen Street Clinic for the uninsured accent the shiny black and white checkerboard floor fittingly, evoking a squeaky clean scene from a 1950's movie. The medical equipment, donated to the clinic at its inception, is no doubt unique. But more unique is the healthcare model employed by sole owner and operator Ann Boston Parish.

Queen Street Clinic is not free, nor does the city or state government subsidize it. It's a family practice where patients can pay a nominal fee for medical service, the only qualification being a lack of health insurance. But lately, Parish has been confounded by a tapering patient flow from a city with 8.3 percent of the population below the poverty line, according to the 2004 US Census.

"There's not a week that I don't get a thank you from patients," Parish said. "But I can't count on volume any longer."

In the clinic's first years, Parish received local and regional acclaim for her project, which she says represents a middle tier of healthcare for the poor, in between free clinics where patients often endure months-long waits to be seen, and emergency rooms, which often serve the indigent population while costing patients -- and taxpayers -- a hefty sum.

It costs \$60 for an office visit at Queen Street, and \$350 for an MRI, an expense that can run a patient \$3,000 elsewhere. But despite discounted rates for low-income residents, the rabbit-eared television in the lobby remains unwatched, with patients trickling in only every so often.

"What I saw when I saw this building was a haven for sick people," Parish said, pointing out photographs of the gutted building prior to its renovation. "I saw a clinic that would be in the city so the inner-city population would have access to healthcare."

And they do. Parish has gained the trust of her patients and the community she serves. Boxes of thank you letters are scattered around her office. But it's not easy on her back or her wallet; she mortgaged her house to start Queen Street, funding it almost entirely by herself, with small donations from churches every once in a while. She rarely takes a day off and her only vacation came when she was seriously ill and unable to work.

So where are the patients?

Many go the Emergency Room at Alexandria Inova Hospital, a service not intended for chronic ailments. While some uninsured patients can fill out an application and get fees waved or subsidized, its main function is still emergency care, so it's not surprising that parish was frustrated when a patient, referred to her by the ER, said she is \$1,200 in debt for a pap smear that was erroneously analyzed. According to Parish, the doctors missed precancerous signs in the patient, which she found after administering a test that cost Parish \$220.

"It's not negligence on the hospital's part," Parish said. "The ER is an inappropriate venue for a pap



Times Staff Photo/David Sachs
Queen Street Clinic's Ann Boston Parish offers healthcare to low-income residents for nominal fees.

smear. 90 percent of diagnosis is history taking, which is what I can offer at a family practice."

Parish says she turns no patients down, but referrals are tough to get from area clinics like the Arlandria Health Center or clinics run by the city's Department of Health, that offer free and reduced-priced medical service to many but cannot guarantee instant appointments.

"We try to provide as much information as we possibly can [to patients] if we cannot treat them," said Veronica Abercrombie, director of nursing at the Alexandria Health Department. "We would definitely consider sending patients to Queen Street Clinic if it's not an emergency." Abercrombie said that she could not be certain if patients have been referred there in the past, adding that paperwork proving Alexandria residency is necessary for treatment, meaning a longer wait time potential patients.

59 percent of Parish's patients are from Alexandria, meaning the inner-city customer base she originally intended is only partially benefits from the discounted service. In fact, most of her referrals come from Fairfax County. She does not marginalize what other area clinics do for the community, but Parish wants the city and other clinics to stop "ignoring I exist," hoping for recognition of what she's accomplished – not for her, but for her healthcare and business model – so that more of the at-risk population can be seen promptly and at a reasonable cost.

"I just need someone to recognize who I am and what I've done," Parish said. "And take the idea and either run with it or implement it as a selection [in the healthcare system]. I listen to these candidates talk [about universal healthcare]. They don't understand you cannot safely, with safe medical guidelines, provide the healthcare that they are talking about. And I am."

Queen Street Clinic is a business that pays for itself, deriving no profit, yet Parish maintains that the model is not predicated on selflessness, and can be replicated across the country if a financial backer is willing and able at the project's inception. But Parish would "never do it again alone" because of the emotional and financial toll of remodeling and developing the clinic, which initially cost her approximately \$100,000.

She talks about this model in her book, "Confronting America's Health Care Crisis." Focusing on sustainable ways to bring dignified medical treatment to the poor, Parish wants to see wealthy people in "other communities funding clinics through their own pocketbooks, then turning them over to the nurses and doctors" who operate it once a profit is achieved. "But you need somebody with name recognition to acknowledge what you're doing," the nurse practitioner said.

Parish has received letters of praise from Mayor Bill Buille, for instance, but she says it's just not enough to get the word out. "He's only one person," Parish said. "I know I'm doing a good job, but everyone needs to feel like what they're doing has some value."

Meanwhile, Parish will leave her doors open.

SEARCH

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Health Care For The Uninsured

Parish book asks the haunting question - "Could this be you?"

By Chuck Hages, Gazette
Wednesday, May 07, 2008

One of the prime domestic topics of the presidential primary campaign has been and will continue to be is health care. However, one Alexandria woman believes none of the candidates "really understand" the problem.

She not only has the credentials, but also the hands-on experience to more than make her case. She has also written a book to support that charge.

Cover
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That author is Anne Boston Parish, founder, owner and nurse practitioner of the Queen Street Clinic, 1000 Queen St., Alexandria. On Mother's Day from 10:30 a.m. until 3 p.m. she will be at Pat Troy's Ireland's Own Restaurant, 111 N. Pitt St., to sign and sell copies of that book entitled, "Confronting America's Health Care Crisis." The cost is \$15.

"I wrote this book because of two large challenges facing medical care in the country — educating the medically uninsured about how to get medical care and, two, telling people how much medical care actually costs," she said standing in the sparkling clean clinic which she opened in August 2001.

"What none of the presidential candidates really understands is just how much health care costs. They each have a health care plan but none really addresses the needs of the medically uninsured working poor," Parish said. "That's what this book is about."

The first paragraph of the book's forward spells out its, and the author's, mission quite clearly. "This is a book about vision and the reality of the delivery of the American health care system. It is about challenges and hurdles. It is a book that looks into the future and asks the question not why but why not?"

With the ever increasing trend by family medical practices to turn to what has become known as "boutique" health care, where potential patients are required to pay a "retainer" fee of \$1,500 or more per year just to be assured of having a doctor when necessary, Parish's book is a ray of hope to those who cannot afford basic medical insurance.

Her clinic is not a charity. It is family medicine circa early to mid 20th century and prior. It harkens back to the Norman Rockwell view of family medicine, as contrasted with too many of today's white-coat corporate medical practice entities.

She has established a model that "requires no government funding."

And, her fees afford medical care that is within reach of everyday working citizens. Her only requirement of those visiting her clinic is that they do not have medical insurance or will not ask medical insurance for reimbursement of her charges. That applies to Medicare.

"I am not equipped to do the paperwork for patients to receive reimbursement from Medicare or any other insurance program. My patients are made aware of that when they come here and they sign a form that notes they understand that," Parish said.

Early on in her 186 page treatise, Parish explains her "Multi-Tier System." It is the foundation of her Queen Street Clinic operation.

"When I think of the word "multi-tier" I think of levels that progress upward to a platform. In theory, the platform symbolizes a realistic solution for America's broken health care delivery system. I saw the platform as one solution for the delivery of affordable and accessible medical care," she states.

"I don't believe Uncle Sam needs to be the single payer for the nation's health care bills, but there needs to be a balance in the delivery of health care that is competent, accessible, and affordable. No one should be denied access for health care because he or she can not pay," Parish states in her book.

She encourages others so-qualified to start such clinics and spells out some of the things to considered in doing so. Her fees for many services are in stark contrast to those charged by many medical practices that rely on payments from insurance coverage. Some examples include: Office Visit — \$60; Lab exam —\$90; and Well Woman Exam — \$240.

The book also includes several actual case studies and a scenario, in both words and pictures, of Parish's initiation of her clinic in an old building she purchased and personally renovated. To accomplished that she mortgaged her Alexandria home and invested \$100,000 of her own capital.

As a family nurse practitioner, Parish can work independently as long as she is allied with a supervising physician. That role is filled by two physicians at the present time.

In addition to a Bachelor of Arts degree, Parish holds a Masters Degree in Science and Nursing, a Nurse Practitioner Post Masters Certificate, and is double Board Certified. "I was on my way to medical school but got married instead. I was always interested in medicine," she said. She has been a registered nurse for the past 37 years.

The location of her clinic was not chosen by chance. "This is a walking and bus line community, that is why I wanted to be in the central business district. It will afford my patients the ability to get to us and the other services to which we may refer them without being dependent on the automobile," Parish said at the time she opened her clinic.

"There were those who predicted I wouldn't last two months. This August I will celebrate my seventh anniversary," she said, having opened her clinic just a month before 9/11.

In 2002 Parish was named a Washingtonian Award recipient and in 2007 she was nominated as an Alexandria Living Legend. In 2004 she was presented with "A Tribute to the Working Woman Award." Her favorite saying, "Never give up," is self descriptive.